

## Choice Theory/Reality Therapy

Literature review updated December 2015.

As part of WSIPP's research approach to identifying evidence-based programs and policies, WSIPP determines "what works" (and what does not work) to improve outcomes using an approach called meta-analysis. For detail on our methods, see our [Technical Documentation](#). At this time, WSIPP has not yet calculated benefits and costs for this topic.

**Program Description:** Choice Theory/Reality Therapy is a program for parents of elementary students with repeated disciplinary referrals. The program is delivered in nine 90-minute group sessions. The program focuses on responding to child needs, teaching self-control by example, parenting in an authoritative (rather than authoritarian or permissive way) that sets limits in keeping with the child's development and creating a supportive environment in the home.

### Meta-Analysis of Program Effects

Outcomes measured	No. of effect sizes	Treatment N	Adjusted effect sizes and standard errors used in the benefit-cost analysis						Unadjusted effect size (random effects model)	
			First time ES is estimated			Second time ES is estimated				
			ES	SE	Age	ES	SE	Age	ES	p-value
Externalizing behavior symptoms	1	15	-0.099	0.372	10	-0.047	0.193	13	-0.479	0.212
Internalizing symptoms	1	15	-0.091	0.372	10	-0.066	0.291	12	-0.441	0.248
Office discipline referrals	1	15	-0.526	0.378	10	-0.251	0.222	13	-0.938	0.017

Meta-analysis is a statistical method to combine the results from separate studies on a program, policy, or topic in order to estimate its effect on an outcome. WSIPP systematically evaluates all credible evaluations we can locate on each topic. The outcomes measured are the types of program impacts that were measured in the research literature (for example, crime or educational attainment). Treatment N represents the total number of individuals or units in the treatment group across the included studies.

An effect size (ES) is a standard metric that summarizes the degree to which a program or policy affects a measured outcome. If the effect size is positive, the outcome increases. If the effect size is negative, the outcome decreases.

Adjusted effect sizes are used to calculate the benefits from our benefit cost model. WSIPP may adjust effect sizes based on methodological characteristics of the study. For example, we may adjust effect sizes when a study has a weak research design or when the program developer is involved in the research. The magnitude of these adjustments varies depending on the topic area.

WSIPP may also adjust the second ES measurement. Research shows the magnitude of some effect sizes decrease over time. For those effect sizes, we estimate outcome-based adjustments which we apply between the first time ES is estimated and the second time ES is estimated. We also report the unadjusted effect size to show the effect sizes before any adjustments have been made. More details about these adjustments can be found in our [Technical Documentation](#).

## Citations Used in the Meta-Analysis

Petra, J.R. (2000). *The effects of a choice theory and reality therapy parenting program on children's behavior*. (Doctoral Dissertation). The Union Institute Graduate College.

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